



# 荷叶金银饭

## PROSPEROUS AND RICHES

### LOTUS LEAF WRAPPED JASMINE RICE



#### 材料

Jasmine新阳香米1碗、鲍鱼汁½碗、水½碗、老虎虾5只、鲍鱼3-5粒、腊肠粒1条(切丁)、香菇8朵(浸泡切粒)、胡萝卜粒½条(切粒)、虾米30克(浸泡)、姜茸10克、小葱头10克、蒜茸5克

#### 酱料

油1汤匙、生抽2汤匙、黑酱油少许调色、蚝油½汤匙、白胡椒½茶匙、盐少许、糖少许、水2汤匙、荷叶2片、青葱粒适量装饰

#### 做法

- ① Jasmine新阳香米洗净，滤干水分后放入盘里，倒入清水，放入蒸炉把饭蒸熟。
- ② 荷叶用烧水煮3分钟，过一过冷水，然后用纸巾或布抹干水份和叶子上的污垢。备用。
- ③ 锅里倒入油，中火煎老虎虾两面大约30秒，取出备用。
- ④ 用剩余的油爆香姜粒，小葱头和虾米2分钟后，加入其他配料爆香大3分钟。加入酱料稍微闷煮1-2分钟，将煮好的饭倒入锅里拌均匀。备用。
- ⑤ 把两张荷叶铺在碗里，先放鲍鱼和老虎虾，把拌好的饭倒入荷叶里，包裹起来然后放入蒸炉蒸25分钟。
- ⑥ 稍微冷切后取出，用剪刀剪开上面，撒上青葱即可享用。

#### INGREDIENTS

1 bowl **Jasmine Sunwhite Rice**, ½ bowl abalone sauce, ½ bowl water, 5 tiger prawns, 3-5 abalone, 1 Chinese sausage (dice), 8 mushroom (soaked and dice), ½ carrot (dice), 30g dried shrimp (soaked), 10g chopped ginger, 10g shallot, 5g chopped garlic

#### SAUCE INGREDIENTS

1 tbsp oil, 2 tbsp soy sauce, some dark soy sauce, ½ oyster sauce, ½ tsp white pepper, dash of salt and sugar, 2tbsp sater, 2 slices of lotus leaves, some chopped spring onion for garnishing

#### METHOD

- ① Wash the **Jasmine Sunwhite rice**, drain and put it into plate, pour in water, and transfer the to steamer, steam the rice until cook.
- ② Boil the lotus leaves in boiling water for 3 minutes, rinse with cold water, and then wipe off the water and dirt on the leaves with a paper towel or cloth, set aside.
- ③ Heat oil in pan and fry tiger prawns on medium heat for about 30 seconds on both sides, take out and set aside.
- ④ Use the remaining oil to sauté ginger, shallots and dried shrimp for 2 minutes, then add other ingredients and fry for 3 minutes. Add the sauce and let it simmer for 1-2 minutes. Pour the cooked rice into the pot and flap evenly, set aside.
- ⑤ Put two pieces of lotus leaves in a bowl, put abalone and tiger prawns first, spoon partially cooked rice into the bowl, wrap it and transfer bowl into the steamer and steam over medium heat for 25 minutes.
- ⑥ When cool enough, cut lotus leaves with knife or scissors into sections to expose the rice, spread some chopped spring onion before serve.